### **FASHION'S LIFE DURING LENT.**

CARDS, BEAUTY EXERCISES AND SUCH QUIET AS MAY BE.

Many Women Are Now Including a Week in Retreat at a Convent in the Programme-These Not All Catholics -Society Calls All This Restful.

Contrary to what some folks believe, Lent is as just as welcome to the fashionable in these days as the Christmas holidays always are to youngsters of every degree the country over, but not altogether per haps for its religious significance.

Society adores variety, and it makes no difference that the Lenten variety lacks the spice of the midwinter and midsummer brand. Maybe that very feature makes it the more welcome. Even the stronges constitution, it has been found, cannot stand a constant diet of spice.

"Yes, thank goodness," assented a wo-man high in society, "Ash Wednesday is almost here. It is tremendously welcome. "I don't mean that Lent brings a plethora of spare time to me or to any of us, but it does mean a chance to escape from the beaten round of entertainments. The Lenten programme is different-more informal Its dinners and luncheons are less stately and simpler as to menu. It includes neither dances nor balls.

"It is possible, during Lent, to get a beauty sleep once in a white and also to get some exercise in the open air, even if one stays in town experience which I for one sadly need. Why, since I got back to New York. November, I have not had a single chance to take a long walk. A few blocks onally is all I have managed at a time. Fat? Of course I'm too fat. How can'I help being so? But just wait. In two months from now I'll look very different. Oh, I don't know how.I could get along

without Lent! The present indications for Lent are that it will be unusually dulf, though fewer New Yorkers than usual have so far taken wing, and there are comparatively few fashionable folk who mean to start this week. On the contrary, many who have never failed for years to leave town by Ash Wednesday, to stay away until Easter, mean to compromise with a tendays' trip later or no trip at all. Perhaps economy has something to do with it, and that may be why private and subscription musicales, which for several years have been legion in Lent. will be scarce this year. First-class artists always come high, and nowadays folks want only the

"On the whole," suggasted the woman who said these things, "I really think the musicale has been shoved aside to make room for cards, which are a hundred times

popular than ever. will be the reigning passion for "Cards will be the reigning passion for six weeks to come. Women mean to play in the evening, too, whether they can get men partners or not—and they are not always easy to get unless cards follow a dinner. Then all the guests are in for it, willy nilly, Otherwise I truly believe that older men prefer to play together at a club. Many of us found out last year that to get hold of men for an evening that to get hold of men for an evening game was often hard work, and when most wanted they were pretty sure to stay away. To guard against having to sit out an evenwithout a partner, a lot of my friends have taken matters into their own hands of late and decided to have card games at night, as well as in the afternoon for

Morning card parties will not be as many as they were a year ago, for many of us want the morning free for other things; but there will be cards in the afternoon and cards at night from one week end to the other, during Lent, with bridge in the lead, seven handed euchre next. At the afternoon affairs both games will be in progress—tables for bridge in a quiet

nas scriptes about partial management of ing. As whooping is not encouraged in convents, she came home." now. I have never yet met any women at cards who were willing to bridge without stakes. Anyone makes the assertion that there are plenty of fashionable women who refuse to play for money, is wilfully prevaricating, e he or she has been misinformed.

"Personally, I know just two women ho will not. One is by no means a social who will not. favorite, and no one tries very hard to make her break her rule. The other is exceedingly sensitive—a very inconveniss in these days. bridge fever began she learned the game and played often, although under protest, for money. All at once she stopped play-ing bridge, and refused to enter a game where money was put up. This is what

Not long ago, when I was playing at Blank's, I found myself paired off with Miss Dash against two ladies, one of whom is considered an exceptionally keen player. Suddenly, her particularly keen player. Suddenly her partner gave an embarrassed laugh and said apologetically: " "I'm afraid I made a mistake just now and played the wrong card. Do excuse

I'm very sorry?"
"You have no business to make a mistake when other people's money is involved was her partner's astonishing reply, de-livered in unmistakable rage and with an

lev glare.

"Heavens, thought I to myself, 'Suppose that had been said to me. I resolved then and there never to play again for money."
"Sometimes I wonder a little myself at the continued popularity of afternoon dat he'd tell me!"
what does you want?"
"And did you ask him?"
"No, suh! Bless God, I wuz too feared dat he'd tell me!"

card parties, considering the astounding lot of grumbling which invariably goes on at them. I almost hate to be the hosters at them. I almost hate to be the hoster in these days, for I know very well that I am being criticised just like all the others. Here are some of the remarks I heard at a euchre I attended yesterday

"Isn't it hot in here? I should think Mrs. Dash would know better than to have it so stifling."

it so stifling.

"The idea anyway of having the artifling it."

"The idea anyway of having the artifling it." ficial light turned on. No

'Hot? Why I feel cold.'
'Cold? Where in the world do you fee cold? Right across my shoulders, as if there

was a window open somewhere. I never come here anyway that I don't catch "How close together the tables are.

Mrs. Blank always asks more people than
she has room for. I don't believe in having
players touch elbows. Do you?"

"Isn't the ventilation in here awful? I

know I shall go home with a headache.'

"I hate these sort of chairs to sit or

My legs feel paralyzed already.'

"And there were a lot more of the same sort of comments. The queer thing about it was that the arrangements at that party were as near perfection as they could well be.
well be.
"The particular reason why morning card
"The particular reason why morning card

parties are a trifle out of favor just now is that most women seize upon Lent as the time to recuperate and put in some beauty exercises, and the best time for these exercises is in the morning.

My cousin, for example, has engaged a trivially engalizator, as she calls her to come

wrinkle eradicator, as she calls her, to com 'wrinkle eradicator,' as she calls her, to come to her house every morning for two weeks. I don't know just what the process is, but its result, I am told, is a skin as smooth as a baby's. Another friend of mine is going into strict retirement for three weeks, during which time the cuticle of her face is to be removed, and a brand new one subtituted. I myself have resolved to wa off at least twenty-five pounds of fles in the next six weeks, and to do that, m doctor says, I must practise systematically every day, rain or shine, Sundays not excepted. And I mean to. Other women I know are planning to spend their morn-ing, at a gymnasium."
"Keligious observances and good works?"

"Why, of course. There are the sewing classes as usual—some at least. I am glad to say that the sewing class fad has to some extent died out. Three or four years ago during Lent, I really believe that every hospital and charitable organization New York had a sewing class started in its behalf, subscribers to which each paid anywhere from \$10 to \$20, in the expecta anywhere from 310 to 320, in the expecta-tion of entering the houses of some of the best known women in society. And they did enter there, too, but often without meet-ing the mistress of the house for more than

formal bow. There were no introductions at thos affairs and that gave them a black eye, so to speak. The next year the crop was not so plentiful, the year following it was still more scanty, and finally it narrowed down again to the well known classes. d many years ago, which are always

ell supported in Ler well supported in Lent.
"Perhaps we don't always sew very hard
at the meetings, but so long as members
take some garments home and return them finished by the next meeting no one care whether the work is done by them or their

seamstresses.

"As for the religious side of Lent, per has for the religious side of Lent, per-haps few people have any idea how much the practice of going into retreat during Passion Week is spreading among both Protestants and Catholics—retreating to a convent I mean. I tried it last year and I mean to go again, for I know of nothing quite so restful, so quieting to the nerves,

so elevating.
"In one's own house absolute retirement and quiet are practically impossible. There are a thousand and one interruptions and demands upon one's time in a week. so in a convent, where silence is the rule where one must go to bed at 9 o'clock i sheer self-defence; must read and study religious topics only, attend service twice religious topics only, attend service twice a day and between times listen to Lenten lectures. I never felt so rested in my life as I did at the end of my stay there. I think many a woman could ward off an attack of nervous prostration by going into retreat for a week.

"So far as I can learn, though, there are more young girls than married women who mean to try it this year. Some of them progress—tables for bridge in a quiet room by themselves.

"Bridge without money stakes? I hardly think that is possible. The woman who has scruples about playing for money is

#### Australian Mine 3.900 Feet Deep.

From the Leisure Hour.
What is believed to be the deepest gold mine in the world is being worked at Bendigo, Australia. The mine in question, which is called the New Chum Railway Mine has sunk its main shaft to a depth of 3,900 feet, or only 60 feet short of three-quarters of a mile. The chief problem is how to keep the tunnels and general workings cool enough for the miners to work in at such a depth t is usually about 108 degrees, and, to enable the men to work at all, a spray of cold water let down from above has to be kept con-tinually playing on the bodies—naked from the waist upward—of the miners. Even then they cannot work hard, or they would faint

#### No Questions Asked.

From the Atlanta Constitution. Old Brother Cooley is a colored philos opher, but he is superstitious in the extreme

He tells this story. I once wuz in a house what wuz hauntedbut I didn't know it. Dar wuz a bright fire burnin' in de room I wuz in, wen all er a sudden de do' opened, en a man wid his throat cut shuck his head at me! Now, I knowed right well it wuz a ha'nt, en de only thing ter do wuz ter ax him, 'In de name er de Lawd what, dee you wart?'

## AMERICA'S REAL NEW WOMAN

QUICK FEMININE EMANCIPATION ON ELLIS ISLAND.

mmigrants Who Are Initiated in a Hurry Into Woman's Privileges in This Country-Ambitions for Their Children Bring Mothers, Too, From Europe

There arrived as immigrants in this ountry last year 210,077 women. Here found America's real new woman.

While the great majority of these women came with broods of children, in number all the way from two to fourteen, and with all the Old World traditions clinging tenaciously to them, some arrived at Ellis Island with brand new ideas, of the New World sort, in their heads.

"Letters home are responsible for the new notions." said the chief of the staff of thirteen matrons who take charge of he women while they are on the island. The men generally give one reason for their immigrating-and that is, work; but

the women have a variety of answers. "A girl who had lived in Naples was held for deportation. She was exceedingly downcast, and I went over to her and tried to cheer her. But she would not be consoled, and between her sobs kept repeating

again and again: " 'Oh-oh-oh-and I can't ever be my own boss-no-never!

"It turned out that a friend had written her that the American women have equal freedom with the men, and that they carry latchkey as well, or something to that effect. So the girl started over, but as she had no relatives here, and no one who was responsible offered to take care of her if she was permitted to land, she was returned.

"Hers was an unusual New World idea; out one that is general among the women s the American idea of educating the children. I firmly believe that the women immigrants are largely responsible for the great number of foreign children in the schools of New York and other cities with a large foreign population.

"Ask the men if they have any ambition for their children in the new land, and likely as not they'll say. 'Yes-work.' Put the same question to the women, and usually the answer will be along these lines:

" 'I had a sister come over two years ago She wrote back much, saying how Tony was a bright boy, because he was going to school. She said he did not have to work hard all day to help make a living. She said my children would be as bright as Tony. too, if I would bring them over, and they wouldn't have to start to work until the were old enough, either. So I am here.'

"On the whole, the immigrant mother has the American idea of being deeply concerned in the future welfare of her offspring. Stories of immigrant boys and girls who have made their way in the New World have somehow reached even to remote corners of Europe

"So, you see, the American idea of voman's independence is not altogether unknown among Europe's peasantry. "Of course, I am not saying that every

woman who arrives here has an American idea in her head. Thousands haven't-but they do before they get off the island, and the various ways in which the nationalities take their first lessons in Americanism are interesting. "The women always land carrying the

baggage, and with their children tugging at their skirts. The men are empty handed. It is the reverse when they leave.

"We take the baggage away from the women, and hand it to the men, with instructions for them to carry it. The woman looks on in dumb amazement for an instant. then, if she is an Italian, she makes a dive for the family bundles; she doesn't seem to want to burden her husband, or else is afraid to trust the belongings to him. "And when we prevent her from securing

the baggage, and tell her that men carry the burdens in American, and start them toward the pier, she follows her liege lord with an air which seems to say: 'Well, that's your way, but I know my husband, and you don't, and I'm going to keep a sharp eye on that bundle.

"On the other hand, the woman from northern Europe seems to grasp the idea at once. At any rate, I've seen many a German or Scandinavian mother smile gratefully when she was relieved of her bundles and beheld them placed in the hands of her hulking and dazed husband. And from the new light in her eyes I verily believe that her emancipation began at that mo-

"Still another new idea is furnished by women relatives who have preceded the new comers here by several years. They appear at the island with bundles under their arms, and wait patiently until the new comers are passed

"Then they make a dive for them, surround them, chatter like magnies while they are opening the packages, and the next moment the immigrants are stripping off their old garb and arraying themselves

#### in Yankee shirtwaist suits and street cos-

"Yes, indeed; and they don't take time to go into the room which we have provided for such exigencies. You can see them making their lightning toilets in the corridors, in front of the station, and even on the pier while waiting for the boat.

"And it is remarkable how expeditiously they make the change, and with what little display of their persons. Really, you'd scarcely know they were undressing in public if you didn't catch the flash of an Old World style of skirt as it sailed over its owner's head to make way for the New World one.

"The Italian woman is especially adept and also the one most likely to be met with relatives bringing a new wardrobe. Sometimes she is quite loath to don it, and no wonder.

"Perhaps only a few hours before she squatted unconcernedly down on a steamship pier the moment she landed, opened her baggage, and, partially screened by a group of sympathetic fellow passengers, carefully and with much pride arrayed herself for the ordeal at the island in the finery that she displayed the day she was married-even to her stockings, if she work

"Naturally, she rebels at the dictum of her Americanized relatives, especially when she recalls the look that her husband gave her when he beheld her issuing in all her wedding glory from the midst of the shielding circle. But eventually the American idea prevails, and off comes the wedding gown and on goes the piqué shirtwaist and

the short walking skirt. "No, none of them seems to have any idea about woman suffrage. But the average American woman doesn't either, does she And you don't have to want to vote to be a new women, do you?"

DEEP SNOW IN MAINE WOODS. Six Feet of It on a Level-Moose and Dec Reported Starving.

COXABEXIS LAKE, Me., Feb. 13 .- There is more than six feet of snow on the level lake, and in edges of the great spruce forests which come down to the shores the drifts are from ten to fifteen feet in

Records kept at John Largay's campe show that thirty-seven inches of snow fell in January, which is nearly a foot more than the average for all winter. Most o the downfall came in very cold weather and in the form of dry and mealy snow so that no teaming along the rods could tread it down or make it lie in shape for loads to pass along. Since February camin a foot of snow has fallen.

In Largay's further camp, which is six miles back from Churchill Lake, are forty men living on salt pork and Indian meal and eighteen horses with nothing to eat except frozen twigs from the trees. Owing to the great depth of the snow no supplies can reach this camp for a week or more and though the men can come out on snowshoes, it is feared the horses will starve before hay and oats can be brought down from Northeast Carry.

The men who have come out say that the deer and moose are unable to move about in the woods on account of the deep snow. and that most of them will perish from hunger before spring. James Burke, a prospector, who was cruising in the woods for new chopping, came upon a moose yard near Caucomagormao Lake, where he found six dead moose and five very lean ones that were too feeble to break through into the deep snow when he came upon them.

One big bull, that was reduced to skin and bones, allowed him to come up and feel his ribs and showed no signs of fear. When Burke held out a fragment of In dian bread the moose ate it ravenously and was so greedy for more that he tried to follow the prospector when he quit the

Wildcats had visited the yard and fed on the frozen bodies of the moose. From the number of tracks entering and emerging from the yard Burke thinks there must have been at least a dozen wildcats close by waiting to prey upon the survivors so soon as they became weakened from starvation.

In addition to the wildcats, he saw signs where foxes had been at work among the bones. Though he had heard reports that wolves had returned to Maine from Canada during the cold weather, he saw no indica tion of these animals, though he remained about the lake for a week.

#### That the Layman May Know the Law. From the Washington Post.

Outre a number of changes have been noticed in the method of drawing bills in Congress. Measures which are intended to become a law now contain shorter sentences and wherever possible commas and semi-colons are omitted and periods used instead. This is for the purpose of making easier to interpret a law and avoid mistake Several times questions have arisen whether a comma or semi-colon was in the right place. In some instances it has been found that the misple nent of a comma in the law has changed the entire meaning of the section and rendered the act nugatory. If the laws that are enacted could be stripped of the verbiage and much of the indefinite words, along with the commas that are being eliminated them better.

## WOMEN CLEVER AT A TRADE.

SUCCEED IN MANY FIELDS AT BUYING AND SELLING.

Opportunity Made for Herself by a Massage Operator—Women as Purchasing Agents at Auctions—Good Taste Made Profitable in Furnishing Flats.

The woman drummer, like women making their start in other callings, has been regarded somewhat in the light of a joke. But women as sales agents are earning higher salaries and commissions than ever before, and in the large stores have won great success as buyers of goods requiring feminine judgment and taste in their seection.

The big ocean liners carry dozens of these women back and forth during the year, many of the buyers making spring and autumn trips abroad in search of novelties. They dress well and are well supplied with money. They travel in excellent style and stop at the most fashionable hotels, where they keep their eyes open for little fads in style, color and material, modes to come that may not yet have reached the designers.

The ability to sell goods is possessed to marked degree by some women. One of the most successful saleswomen in New York found her vocation through accident.

She was a massage operator, manicurist and beauty doctor generally. She was employed by an establishment with cusomers among fashionable and wealthy

When a woman begins the various treatments that improve the complexion and ward off wrinkles and crow's feet she is generally keen on the subject of her appearance. Through this weakness of the beauty-seeking woman thousands of dolars' worth of creams, powders and lotions are sold yearly, some women trying every new preparation that is recommended.

The masseuse, therefore, is especially particular about her own appearance and her own complexion. Her hair, hands, gown and boots come in for inspection if they are attractive. The young woman referred to is particularly neat in her ap-

One day she divulged the name of her corset maker to a customer, with the result that the customer gave the maker an order. This experience opened the young woman's eyes to her opportunity, and soon she had obtained a lot of customers for the corset maker. Then she branched out in different directions.

In a year, she was taking orders for a tailor, bootmaker, a milliner, shirt waists and lingerie, hand-made lace and dinner favors and had even begun to sell antique jewelry which she wore in order to introduce it. She makes a very large income going to a fashionable resort in the summer and continuing her sales there when business in town is at a standstill.

She keeps up her trade as a masseuse. as t is this which gives her the entrée to women's boudoirs; and she also manages to dispose of a large number of special creams and powders.

"It is the woman who has started out in arch of beauty that has begun to fade search of beauty that has begun to fade who is the readiest purchaser not only of toilet articles but of everything that goes to make women look better in face, figure and dress," said this young woman. "A woman who can afford to spend a dollar or two each day for an hour's massage is usually provided with a well filled purse. "Once she begins the rejuvenating process or wakes up to the fact that she is losing her color or her good figure she becomes des-

color or her good figure she becomes des-perate on the subject of remedying any defect. In fact many women are far too active in this respect and defeat the object they wish to attain,
"But they are very apt to listen to suggestions or to look at attractively gotten

particles of wear, and in many will order things to be sent for. This sort of shopping is entirely different from that done in the stores. "There the shopper goes out for what she wants or must have; but in the other case the goods seek her and the sale is con-

summated without any of the usual worries incidental to ordinary buying and selling. "The main trouble in selling to peopl at their homes or at their offices is in reach ing them. Women will have engagements or will not be worried when they are dress-ing and so the ordinary person who might call with the intention of selling goods would have no opportunity. But the mas-seuse has her hour assured and by her tact

seuse has her hour assured and by her tact and the charm of her own appearance she accomplishes what a regular sales agent could not begin to do."

Another field in which women are even more successful than men as purchasing agents is auction buying. The average woman is at sea in an auction room and loses her head, but the woman who has got past the hysterical stage of auction purchasing and who has cultivated a good eye for rugs, old mahogany and bronzes eye for rugs, old mahogany and bronzes is keen in her appreciation of values. Some of these women auction buyers carry on a trade of their own as purchasing

carry on a trade of their own as purchasing agents for individual customers, and sometimes they are employed by the auction shops. They mingle with the regular buyers, but are, as a rule, known to the auctioneers and frequently get the best bargains of the sale through information gathered beforehand. gathered beforehand.

A somewhat novel idea was hit upon by

one of these clever women auction buyers

# Having had considerable success in fitting up apartments for customers, she evolved the notion of furnishing flats for rental. It was arranged that she should get the difference between the original rent and the rent of the flat when furnished. Her furnishing was of a fine and highly artistic grade. She put in real Oriental rugs, real brasses and old furniture of artistic design, a few good paintings and things generally that would appeal to cultivated tastes. She made her plan known to some of the Having had considerable success in fitting TO SLEEP CORRECTLY AN ART

very quickly and bring in at least as much again as when unfurnished.

BABY CARRIAGES.

Very Few for Triplets.

among the endless styles now made every-

body would be able to find what he wants

"Well," went on the baby car-

baby carriages to order all the time. Peo-

"For instance, one may want a carriage

larger bodied than ordinary so that it can

"I have sold three twin carriages in one day, and then not sold another for three months. So we don't commonly keep them in stock, but make them to order.

in stock, but make them to order.

"Formerly all twin carriages were made to carry the children one at either end, facing each other; but nowadays twin carriages are made with room to seat the bables

side by side at the back.

"This brings the weight all over the rear axle and the higher wheels and closer to

the handle of the carriage, where it can be more easily and conveniently handled

and managed.
"Triplet baby carriages? In all the time

that I have been in business, and that is many years, I have made but three. Triplet carriages are made broader at the back and narrowing toward the front, to carry two children at the back and one, facing,

"Baby carriages have been made to carry four children, but such carriages are used

only in institutions.

"Baby carriages are now made better than ever, and in greater variety, and

than ever, and in greater variety, and cheaper and more costly and with more devices and attachments for the baby's safety and comfort. All baby carriages nowadays, or nearly all, including the cheapest as well as the more costly, have rubber tired wheels, for instance, and the great majority of them are provided with brakes that can be set on the wheels so that the carriage won't roll away if left

are baby carriage manufacturers that now make go-carts only. "Baby carriages are made the year round,

Conventionalities Forgotten at Fires.

From the Washington Post.

forget the conventionalities," said an M

street woman. "For two years I've lived

where I live now, and I've never made the

equaintance of my next door neighbor.

ndeed, what with the birds she keeps and

my pet cat, we've gone beyond being mere

enemies. We've looked the other way when

us I flew to the window at the first sound

been anything but cordial.

we chanced to meet, and the atmosphere has

"The night of the fire at the church near us I flew to the window at the first sound of the engines. I couldn't persuade my husband to put on his coat and go with me, so, as fires have a perfectly irresistible fascination for me, I dashed out alone. Almost the first person I saw was an intoxicated negro, and I simply reached out and took hold of a strange woman's arm. She was alone in the crowd, as I was, and we clung together for support for a half hour or so. We talked as if we'd known each other always, and it wasn't until I was chiled enough to think of going home that I really looked at the woman's face. It was my next door neighbor, and we both laughed when each recognized the other.

"We went off home like old cronies, and had a cup of hot coffee together before we parted. I like her immensely, and I hope she likes me. We've been marketing together twice, and once to the matinée. We're going to be chums, and if there hadn't been a fire in the neighborhood I suppose we'd have gone on forever detesting each other."

just as they do about everything else.

in stock?

ten in a thousand.

t the front.

wo carriages.

"You don't see why people want baby

SOME RULES FOR GETTING GOOD NIGHT'S REST.

Feather Beds Recommended for Invalida and Brain Workers-Just the Right ivated tastes. She made her plan known to some of the Pillow Not Easy to Find-On the Date agents and managers of the finer apart-ment houses renting rooms on yearly leases. The flats when attractively furnished rent years and believe and believe the flats.

ger of Going to Bed Too Early, There is a good deal more in the art of sleeping correctly than one might suppose. very quickly and bring in at least han as much again as when unfurnished.

Bachelor flats are especially rentable when furnished attractively, as men often regard the task of furnishing with considerable awe. Sometimes a flat that rents for \$100 a month will bring \$150 when fitted with old mahogany and blue china, good rug: and well framed 'ibsons. On a yearly lease the auction buyer therefore would make \$500 a year profit.

This is only one of the many fields that women buyers have practically created. The usual method of furnishing apartments has been to seek the least expense and the greatest show—the result being distasteful to anyone desiring pleasant surroundings. The idea has always been that furniture rented out in this way is A comfortable night's rest depends upon soft bed for one thing. The bed should be soft enough to yield to every muscle of

the body. If there is an aching spot, the bed should not be hard enough to hurt it. A feather bed was not without its advantages. Indeed, in these days, feather beds would do a great deal toward banishing insomnia. There are many people whose nerves are

fortably at night in the ordinary bed. Each nerve seems strained, and the slightest movement wakens the sleeper. Once awake it is not easy to go to sleep again. Feather beds for invalids are good things, also for brain workers, and for all who get

so delicate that the body cannot rest com-

that furniture rented out in this way is destroyed, but among the tenants of the better apartment houses that is not true. very tired every day. The trouble with the feather bed, the Many to Order-Some Made for Twins and great objection to it, is that it is difficult to renovate it. The second objection is its heating qualities. In a house that is kept carriages built to order? You'd think that too hot in winter the body would be heated

beyond endurance by a feather bed. But if the restless sleeper will get a thin bed of feathers or of down and will keen it well shaken up and will sleep in a moderately cool room, then the first step toward riage builder, "most people can find what they want ready, but still we are building the banishing of insomnia will be taken. The second step comes in the finding of

ple have notions about baby carriages the correct pillows. There is no one general rule to be laid down on the pillow question. Brain workers and all full-blooded people should sleep be used for two children on occasions.
I don't mean for twins, but for a baby and
for an older child.

"What proportion of the baby carriages
sold are for twins? I should say perhaps

with the head high. It is positively injurious to sleep with the blood rushing into the brain. Rush of blood to the head will cause headache, and many persons are made ill by no greater thing than sleeping with the head too low.

Those who have been sleeping with the head flat should try the plan of lifting it gradually. At first the neck will be uncomfortable, but soon it will be a habit to

leep with the head raised. If you are a light sleeper, and most people at some time or other have trouble getting to sleep, you may try the pillow cure. This calls for soft pillows, of two sizes. One is to rest under the head and the other is to make the neck comfortable.

The rule is to make your neck comfort able when you go to sleep. "Make your head as easy as you can. Then make your neck comfortable," was the advice given by a London physician to an insomnia at the front.
"Triplet carriages can, of course, be made graceful and sightly in design, but in the comparatively rare instances of triplets parents oftener use for their three babies "If you go to sleep with the neck unsup-

ported you will not sleep long," said a phycian to a New York banker. "After your head is comfortable, begin and prop up your neck. "Place a small pillow under it, twist and

turn the corners of your pillow, and keep on until your head is perfectly supported. Then fall asleep and you will sleep until A great many women and men,

sleep better sitting up in a chair than in a bed. "The reason," said a physician, "is that the neck is supported better when they are sleeping in that way." But before she goes to sleep the woman

that the carriage won't roll away if left standing on a grade.

"The go-cart is the latest development of the modern baby carriage, and it has in fact to a very considerable extent sup-planted the larger baby carriage. There who wants to be pretty will compose her features. She will try to think of pleasant things. The woman who goes to sleep worrying will wake up during the night. Pleasant thoughts will make a sound Here is another rule for the woman who

but the great demand for them in New York is in the spring, summer and fall, say from wants to sleep soundly and wake up pretty Don't go to bed until you are sleepy. The rule of going to bed at 10 o'clock, whether you are sleepy or not, makes many an in-somnia patient out of an otherwise healthy March to October. So the lively trade in them will soon begin."

A woman afflicted with insomnia went to a physician for a cure. "I go to bed every night at 10 o'clock," said she, "and I waken at 3. From that time until 6 I ie awake. Then I sleep an hour very

heavily. "Try going to bed at 12 o'clock for a while," said the physician.

A week later the woman came to his

office with beaming face and bright eyes.

"I have tried your remedy," said she,
"and it worked. I go to sleep at 12 and
sleep like a top until 7. I find that I did not
need more than seven hours' sleep."

"That," said the physician, "has cured
half the incomping petients in this country. half the insomnia patients in this country.
There are people who need nine hours sleep a night, and others that do not need over seven. It is all a matter of personal idiosyncrasy."

Prepare yourself slowly and comfortably for bed. Do not go to bed until you are sleepy. And then make yourself perfectly easy. These are the rules for getting a good night's rest.

The woman who counts sheep jumping the body of getting sleep.

The woman who counts sheep jumping over a wall in the hope of getting sleep will find relief in this way. The man who says the alphabet, the nervous woman who cannot keep her mind off the house, and the head of the family whose affairs disturb him to the point of distraction—all of these will find that sleep is not so far away if only they know how to woo it hither

#### **AUTOGRAPH** FIEND. THE

HE (OR SHE) IS USUALLY TREATED BETTER THAN YOU'D THINK \* \* \*

The autograph album is almost a thing very youthful and merry maiden. of the past, although the autograph fiend is as active as ever. The signed card or photograph is usually the treasure he One New York collector of autographs has a printed slip he sends to all the celebrities. Of course every autograph collector who knows his business nowadays sends a stamped envelope with the

request for a signature. Nobody would imagine the extent to which the popular singers and actors of the day are pestered by the collectors Not a day passes that does not bring two or three requests at least sometimes more are received. The greater artists are, of course, more in demand than the others But the average autograph fiend is usually without discrimination in his favors and showers his requests indifferently among

the high and the low. collector wrote forty-two letters to the Metropolitan Opera House request ing the autograph of every performer in the company from Jean de Reszke down to the tenor who leads the chorus. Naturally the response to such requests become perfunctory. It is difficult, even with the egotism of an actor or singer, to discover

any tribute in such wholesale requests. Less tolerable to deal with is the collector who visits the artist in person. This form of annoyance usually settles in the

of these sat for two hours in the office of an uptown hotel the other day waiting for a prima donna to return from her walk in Central Park. Spying her as she entered by a side door, the girl approached the singer before she could step into the elevator.

"I'm so anxious for one of your auto graphs," she began. "I came all the way from Brooklyn for it. I live in Cincinnati but I came on to visit a friend. I would be very much obliged to you.

This prima donna happened to be a amiable woman, so she allowed the young roman, who was well dressed, to ascend to her apartments. She stepped to her desk to write her name on a card. Then a woman in society whom she knew

well was announced, and soon came upstairs

from the office. Then a young 'cellist was

brought in by his mother to play for the prima donna.

During all this time the young woman from Cincinnati via Brooklyn did not budge. She held the fort and seemed to be having the time of her life. One by one the guests left. She sat alone with the great prima donna, who had determined to get rid of her now, whatever means were neces

sary. But the young weman left of her own accord. The next day there came a letter from Brooklyn which might never have been

recognized had it not been for the corroborative detail it contained.

"I enloyed my visit to you so much yes terday," it read, "meeting that society lady I have read so much about and hearing the young man play. You seem so kind that I am going to ask one more favor of you. Don't you think you could persuade Mr. Conried to issue two passes for 'Parsifal'? I am very anxious to see it. Please do what you can and let me hear at

your earliest convenience."

an autograph hunter to a woman she had never seen in her life until she forced herself on a very self-sacrificing and amiable Sometimes the autograph hunters have their troubles, but this only happens when there is something in the form of a book

to hold over them. One instance of such

This is the literal text of a letter sent by

a misfortune stopped only short of the police, although Ignace. Paderewski was the person concerned. On his last visit here Paderewski received the customary request to write autographs. some of them in albums. A number of books were left at the hotel, with the usual notification that they would be called for at a certain time. They were not to be

found when the owners called, and the cus-

tomary message was given, that they would

be sent to the addresses which the owners would leave. In the meantime Paderewski had been playing in various cities. He returned to give a concert and again start off on his tour. As soon as the autograph hunters had learned that he was in town they rushed to the hotel for their books. But the pianist was off again on his trip. The final blow came when he departed for San Francisco to be gone for two months. Half of the books were smashed into a trunk and carried westward. The rest remained in

another trunk at the Manhattan Hotel. In vain did their angry owners besiege the hotel office. In vain they begged and threatened to get back their treasured had the opportunity of seeing or hearing

books were locked up in the hotel and the others were travelling through the West on a private car.

One woman consulted her lawver, who formally demanded the return of the book from Paderewski's manager. He was notified that it would be at the hotel on a certain date of the next month. The other books were all left at the hotel office at that time, and their almost hopeless owners thus recovered them duly signed, but in some cases a little battered.

Such experiences have made the collectors of autographs inclined to have the cards signed and then paste into their books rather than trust the books to the uncertainties of the artistic temperament One New York woman who has just had a most beautiful book made stands by the artists while they write in it. It is not bound. The heavy white pages are laid in on exquisitely carved leather binding. This was done by a Paris artist who has combined allegorical figures of the arts

and professions whose votaries are to make its pages notable. Mme. Sembrich has a book of autographs containing the most remarkable collection of musical names of any in this country. Among the noted musicians who have written affectionate personal dedications to her are Brahms, Ambroise Thomas, Verdi, Rubinstein, Massenet, Puccini Paderewski, Gounod, Goldmark and most of the noted contemporary writers. There are also many artists represented, but it is a curious fact that the brothers de Reszke and Emma Calvé are the only members of the old Metropolitan companies whose names are to be found in the album. It is, of course, a matter of complete in difference to the real, dved in the wool col-

lector of autographs whether or not be

has ever seen or heard the person to whom

he writes. It is a curious fact that they

are frequently tactless enough to explain

in their applications that they have never

books. It was of no avail. Some of the this person or that but would at the same time be most delighted to get an autograph. If the persons to whom they write attached any importance to the autographs they would not be sent in such cases. But with kind of good natured toleration, they find t easier to write their names on a card than to drop the envelope in the waste basket.

Sometimes the applicants have ideas of their own as to what they want on the cards. One wrote to a singer at the Metropolitan requesting that over her name he phrase "Art for art's sake" be written. The singer happened to be unable to read English, thought that there might be some impropriety in the words and refused to write them until they were translated for her. A tenor was asked to write on a photograph showing him as Tristan the words "Richard Wagner, my master," and complied, although he holds quite a different opinion. A German contralto was asked to describe herself as "The only Ortrud." but even the artistic temperament did not permit her to go so far.

Sometimes the artists have their own formulas and need no suggestion as to what they should write. For forty years Adelina Patti has been writing "A beautiful voice is the gift of God." In whatever country she might be and whatever might be the language spoken in it, she steadfastly wrote only this phrase.

Nowadays she rarely writes in albums or troubles herself to give photographs to anybody, unless the books are brought by some very influential friend. But during her last visit here she did consent to write in a few albums. In every one appeared in a hand still small, firm and legible the motto, "A beautiful voice is the gift of God."

The De Reszke brothers write always. In kind remembrance," on photographs. That seems a Polish habit, as Mme. Sembrich usually does the same thing, unless for very particular friends she transcribes on the photograph the notes of the Chopin.

Mme. Melba rarely signs her cards, as she says it bores her; but for intimate friends she will write some hearty greeting, always, of course, in English, unless she be pictured in character, when she makes the message in the language of the opera. Thus, on photographs of Juliette, she always writes the dedication in French

Mme. Bauermeister finds her photographs as much in demand as the other artists. She always writes, "Very truly yours, Mathilde Bauermeister." She herself has wonderful collection of signed photographs from all the noted artists with whom she has sung during her career.

Richard Mansfield signs usually no more than his name both on cards and photographs, and has usually refused to accept any of the sentiments suggested to him by the collectors. A. M. Palmer, when manager of the Union Square Theatre, was a conspicuous figure in theatricals. He used to write always, "And the greatest of these is charity." Charles Frohman writes only his name, and Daniel is no more expansive when it comes to the matter of an

autograph. Augustin Daly, when writing for the albums of friends, nearly always gave a quotation from Shakespeare. Helena Modjeska rarely signs more than her name, although in one or two books of friends she has written most expansive dedications. usually in either Polish or French.

Ada Rehan's favorite is, "Now, I am in holiday humor." She gives this to all of those she honors with more than a mere autograph. Ignace Paderewski is very likely to write no more than "en souvenir de Ignace Paderewski," unless he feels especially cordial to the person. Then he will write the music of the lullaby from Manru" or a few bars of his minuet. Pol Plancon, for his friends, gives his "amittes." but coldly writes for strangers, "Pol Plan-

Sarah Bernhardt-rarely-writes more than her name, whatever the occasion may be. Tom, Dick and Harry before the eyes of the and-Eleonors Duse, who does the name, public.

does not even trouble herself to see that she gets it in the proper place on the page. A distinguished artist, whose fame is as great as the Italian actress's, sent her, not ong ago, a book to write in. There were in that book names that seem likely to be immortal. But they were evidently not sufficiently exalted for companionship with Signora Duse, who, turning the book upside down, wrote her name crosswise in the left hand corner of the page. That was probably intended to express the uncontrollable eccentricity of genius. But t failed, for the artist she had done this for cut the page out of the book and threw it away.

Emma Eames-Story rarely writes more han those three names, and they are in a bold, large handwriting that covers a great deal of a cabinet photograph. She s another artist very much opposed to the miscellaneous collector, who, in her opinion, has no right to intrude on the privacy and leisure of a woman merely because she happens to be an artist. So most of the applications that come to her go into the waste basket.

One of the operatic husbands is able to counterfeit his wife's signature so perfectly that half her autographs are written by him. Even mtimate friends can detect no difference in the writing, and for that reason have often got themselves dedications from the husband, although they have the wife's name.

But as a rule collectors are usually treated with fairness. They are not imposed on as they sometimes deserve to be. But many persons would be inclined to take the view of Mme. Eames, that outsiders have no right to make such requests merely because those applied to happen to want a favor from a man or woman in public life. The collectors who do get answers from the really great are indebted wholly to their good nature. They are not in the least flattered by a request sent to every